



CAREGIVERS

VOLUNTEERS ASSISTING THE ELDERLY

Spring 1994

Volume 11, Number 2

Friendship Brings Rewards to Maizie Lewis

by Carol Basralian

Margaret Broughton and Maizie Lewis, both from Santa Paula, have been special friends since June of last year. When Margaret, a retired nurse, presented herself at my door wanting to volunteer, she said she was a 'people person' and would enjoy visiting or assisting someone.

Just a month later, Maizie Lewis, a retired school nurse, saw a notice in her church bulletin about CAREGIVERS and called me requesting a visitor and possibly some help with errands.

It seemed to me that Margaret and Maizie were a perfect match, and so, with the common bond of a nursing background, this loving friendship began.



Maizie Lewis (L) and Margaret Broughton share a cup of tea and a chat.

Once every week they get together to talk, with the subjects ranging from world events to the problems of aging. Margaret does Maizie's shopping and the discussions usually continue over lunch at a local restaurant.

Margaret recently told me that by volunteering in this way, she herself receives many rewards.

"I've learned to be patient and to know the difference between 'care taking' and 'care giving.' Maizie is an inspiration to me, a living example of the productivity that can be achieved by an elder through active living. The work CAREGIVERS does is so meaningful, and I'm grateful to be a part of it!"

An Easter card from Maizie stated, "I'm surely pleased with my friend and volunteer Margaret who was assigned to visit and help me. She has been so faithful and loving. Blessings to you all..."

This match is truly the essence of the CAREGIVERS vision.

Salute Dinner A Success

The elegant Mandalay Beach Resort was the site of CAREGIVERS' fourth annual "Salute to Distinguished Seniors" Award Dinner on February 13. Honored for service to the community were Mrs. Myra Harrison of Ventura and Dr. Lloyd Fellows of Ojai. Approximately 115



Mrs. Myra Harrison and Dr. Lloyd Fellows receive 1994 Distinguished Senior Award.

people enjoyed the program presented by Sister Barbara Dugan and her hard-working committee listed below. We'd especially like to thank Catherine Baker for executing the beautiful invitations, Norm Weitzel for wonderful photography, and Larry Stallings for the show-stopping floral decorations.

Many thanks to the following people for their help in planning and presenting the "Salute" dinner: Carol Basralian, Sr. Marilyn Binder, Joyce Cantrell, Susan Cooper, Maxine Culp, Ardelle Faue, Warren Faue, Bertie Gaertner, Bobbie Jaedtke, Sr. Jane Kelly, Irene Luizzi, Kathy Murphy, Sr. Sharon Margaret Ninteman, Violet Ryder, Mary Solomon, Monica Stallings, Deby Tygell, and Dee Walsh. Special thanks also to Rita Moran, Guy Wysinger, and Kaj Sorensen.

Diabetes Update

Intensive Therapy Reduces the Risk of Diabetic Complications
by Laine Waggoner

There's some good news on the diabetes front these days !!! Tight blood glucose control prevents or delays the complications of diabetes.

This was stated in the June 1993 report of a 10-year study, Diabetes Control and Complications Trial (DCCT), which was conducted by American Diabetes Association researchers on 1,400 subjects. The study compared two groups of Type I diabetes patients (requiring insulin treatment): those who received conventional diabetes treatment and those who received intensive therapy. The intensive therapy group maintained lower blood glucose levels.

Continued on page 5

Sister Jane Says Goodbye

Good-bye is such a final word, and my faith tells me that we shall meet again, so I'll just say "So long, for awhile." Carol Basralian, who has been at the Santa Paula/Fillmore desk, will be taking over in Ventura as of June 1st when I leave.

There are so many of you that I will carry in my heart always.

"Thank you" to those who graciously receive help, and an enormous debt of gratitude and love to those who compassionately and joyfully give it!

A very special few of you are thoughtful enough to have made provision for CAREGIVERS in your wills or are regular donors now—we simply couldn't make it without you! Those who may receive the benefits of your generosity in the future thank



you, and so do I. Your practical caring enables us to keep going.

To our Board of Directors and Advisory Board, thanks for the support, the laughter and for sharing the tears. Your constant effort is deeply respected and appreciated.

To Colleen House, Supervisor Susan Lacey, Councilman Greg Carson, Senior Assemblywoman Genie Wheeler, and other com-

munity leaders who believe with all their hearts in the dignity and rights of each elder citizen, may God continue to strengthen you and enlighten your future vision.

Finally, to Pat Meredith, Carol Basralian, Joyce Cantrell, Deby Tygell, Bertie Gaertner, Sister Lorna, and all the coordinators and others who will be in my tenderest memories for years to come, I owe you all a debt of love and service that can never adequately be described or repaid.

I leave *knowing* that CAREGIVERS *does* make a difference in the lives of hundreds of frail elders each and every week. I am grateful to all of you who make that happen.

Muchas gracias—continue in God's good care.

Sister Jane Kelly

Sister Jane Leaving CAREGIVERS

It is with great regret that we are losing our loving friend and confidant, Sister Jane Kelly. She cannot be replaced and as the entertainment people say, "She's a hard act to follow!"

But I will try with all my heart to administer the program to the best of my ability, doing as much as I can for the elders of this county. I will need your help, your support, and your prayers in my newest endeavor on behalf of CAREGIVERS.

I hope all of our friends will feel free to stop in to say "Hello" whenever you're in the vicinity of our Ventura office.

Carol Basralian

Thurs. May 5

Please join us in saying farewell to Sister Jane and welcoming Carol at a special reception from 3 to 6 p.m. here at the CAREGIVERS office, 261 North Catalina St., Ventura. R.S.V.P to Maria at 652-0566.

We are Especially Grateful to the Following Businesses and Organizations for Their Support of the 'Salute' Dinner and the Golf Tournament. Please Let Them Know that You Appreciate Them!

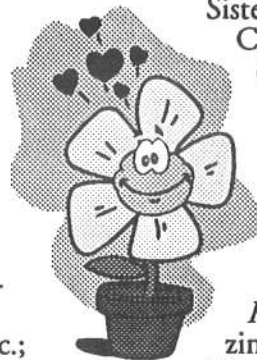
'Salute' Dinner

American Commercial Bank; Bank of A. Levy; Carey Cellars; Classic Roofing; Downtown Lions; Far West Construction; In-Home Assistance; Knights of Columbus; Livingston Memorial Visiting Nurse Association; Sisters of St. Joseph of Carondelet; Sisters of St. Joseph St. Francis Convent; Trader Joe's; Vanguard Printing; Ventura Suburban Kiwanis; Yolanda's of Ventura, Inc.; College Pharmacy.

Golf Tournament

ARCO; A Better Club; R.E. Barber Ford; Chicago Title Co.; Disneyland; The Galloping Hen; Golf Pro Nutrition Bars; Island Packers; Livingston Memorial Visiting Nurse Association; ITT

Standard; Mariann's Italian Villa; Patagonia; Pinky's Tire Service; Plusko's Valley Bakery; Quincy Street Ltd.; Seabreeze Cleaners; Sisters of St. Joseph of Carondelet; SYS Employees; State Farm Insurance—Dennis Watson; Wedgewood Banquet Center; Bank of A. Levy; Buenaventura Golf Course; Custom Awards & Engraving; Footlocker, Camarillo; *Front Nine* Golf Magazine; Jim Hall Kart Racing Schools; Knott's Berry Farm; Long's Drugs; More Copy Systems; Pierpont Racquet Club; Law Office of Craig R. Ploss; Quick Printing Plus; Rotary Club of Ventura South; Sea Things; Stanley Steemer—Rick Payne; Ventura County National Bank; Weber's Baking Co.





Pat Meredith

Changes, changes... We know that in this life the only thing that's certain is change.

A big change is in the offing for CAREGIVERS with the imminent departure of Sister Jane Kelly, who has served as Director of Volunteers since 1990. During her tenure here, Sister Jane has worked tirelessly to increase public awareness of the needs of the frail elderly. In her professional capacity, she has improved the lives of so many elders, either

EXECUTIVE DIRECTOR NOTES

Carol Basralian to Direct Volunteers

by matching them with a CAREGIVERS volunteer or by linking them with other County services that better meet their needs.

With devotion and compassion, she has spent many hours assisting persons in crisis situations when a volunteer could not be found.

Sister Jane's leaving is sad news for all of us who love, admire, respect, and appreciate her. She will be greatly missed in our community and will be long-remembered for her legacy of caring service.

But there *is* some good news: the position of Director of Volunteers will be filled by Carol Basralian, who currently serves as Associate Director of Volunteers in our Santa Paula program.

Carol is a very well-known

member of the CAREGIVERS family, both as a volunteer and then as a staff member, since 1985.

Carol opened our Santa Paula office in 1989 and has done a wonderful job of developing the program there. She also represents us at meetings of the Senior Service Providers Network, the Volunteer Coordinators' Council, and the Ventura County Elder Abuse Council, so she has knowledge and expertise that will be very valuable as we continue to carry out our mission of service in Ventura County.

Please join us in saying farewell to Sister Jane and welcoming Carol at a special reception here at the CAREGIVERS office, 261 North Catalina St., Ventura on Thursday afternoon, May 5th, from 3 to 6 p.m. R.S.V.P to Maria at 652-0566.

New Faces – Maria Ridge

We are pleased to welcome a new member of the CAREGIVERS family this month.

Maria Ridge has joined us as Administrative Assistant/Bookkeeper, replacing Deby Tygell, who resigned to accept a position in fundraising with the Ventura Boys & Girls Club.

Maria, a long-time resident of Ventura County and mother of three grown daughters, has a wealth of experience in office administration and computers and is an outstanding addition to our staff. We are delighted to have her with us.

For Your Health

Saturday, April 30, 9 a.m.–2 p.m.
Senior Health Connection Fair
St. John's Regional Medical Center
1600 Rose Ave., Oxnard
For persons 55 and older. For information and to register for the 32-panel blood test that will be offered for \$25, call 988-2858.

Sunday, May 15, 8 a.m.–noon.
St. John's Pleasant Valley Community Health Fair
2309 Antonio Ave., Camarillo
For information call 389-5176.

Sunday, May 22, noon–4 p.m.
Latino Health Fair
Del Sol Park, North Rose Ave. & Camino de la Raza, Oxnard
For information and to register for the blood panel, call 988-2865.

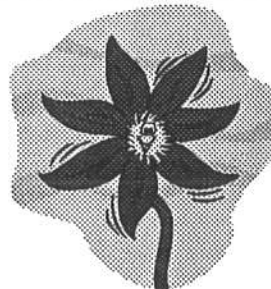
May 10 and 12, 12:30–4:30 p.m.
55 Alive/Mature Driving Classes
At the Avenue Senior Center, 550 N. Ventura Ave., Ventura. Call 648-3035 for more information.

May 14 and 21, 8:30–12:30, St. John's Regional Medical Center, 1600 Rose Ave., Oxnard. Call 988-2858 for details.

Volunteers Needed

It seems as though the calls for help always come in faster than the volunteers! So many good people need just a little extra assistance to raise their quality of life. Remember, CAREGIVERS

volunteers are never put in a position beyond their capabilities. NO nursing care is ever involved. And you set the hours and the tasks you're willing to help with. If you can consider 2 to 8 hours a month to help an elder in need, please call us at 652-0566 for more information.



YOUR DONATIONS MAKE IT POSSIBLE FOR US TO GIVE A HELPING HAND TO THOSE WHO NEED IT. THANK YOU! (January 1 – March 31, 1994)

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 and Ms. Sharon Dewees
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 by Kathryn Vallino
 Jeannette Vyskocil
 by Susan Cooper

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 by Rose Ames
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 by Esther Sheffield
 Wayne/Martha Dugan
 by Mr. Leslie Vielbig
 Ardelle Faue
 by Mrs. Harry Hines
 Sister Jane Kelly
 by Alan/Betty Dale
 Jeanne Mallett
 by Carole Cowan
 Verne Taylor
 by Ruth Smallwood

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 Swift Memorial Health Care
 Foundation
 The Loveland's Cotton Store
 Trinity Lutheran Church

We are able to provide this vital help to the frail elderly in Ventura County only because of the generosity of people like you. Contributions, gifts to our Endowment Fund, memorial gifts, and gifts in honor of a special person or occasion may be sent to our Ventura office, and every gift will be promptly acknowledged. All donations are tax-deductible. Please make checks payable to CAREGIVERS. Call us at 652-0566 for more details.

continued from page 1—Diabetes

Diabetic Eye Disease (Retinopathy)

Diabetes blinds 15,000 to 39,000 people each year due to damage to the small blood vessels of the retina. "Background" retinopathy is an often mild form which usually does not affect vision or require treatment.

Monitoring subjects with varying degrees of eye disease showed that tight glucose controls significantly reduced the progression of retinopathy.

Kidney Disease

Kidney disease is present when a lot of protein is being excreted and is a big cause of illness and early death in diabetics. Intensive treatment reduced the risk of developing this by 56 percent.

Nerve Disease (Neuropathy)

Peripheral neuropathy is a common complication affecting the legs, feet and, sometimes, hands. Autonomic neuropathy affects nerves to the bladder, intestinal tract and genital organs. Overall, intensive therapy reduced the occurrence of nerve damage by 61 percent.

Heart, Blood Vessels, Legs

People with Type I diabetes are known to have a higher risk for diseases of the large blood vessels

leading to the heart and brain, resulting in heart attacks and strokes, and diseases of the blood vessels in the legs, which can lead to amputation. The study suggests that intensive treatment may reduce the risk of such blood vessel disease.

What is intensive therapy?

People with Type I diabetes either take multiple injections of insulin each day or wear a mechanical insulin pump that puts out a constant preprogrammed insulin dose. All this while working closely with their health-care team.

"Intensive diabetes management is not just more insulin," said Oscar Crofford, M.D., chair of the DCCT and a professor of medicine at Vanderbilt Medical School in Nashville, Tenn. "It also means frequent monitoring of blood glucose and careful attention to diet and exercise by a highly motivated patient. If people change over to intensive treatment, they can expect a substantial improvement in their lives."

For elderly patients, the ADA warns that intensive insulin therapy should be used with great care. Those with hardening of the arteries risk permanent injury, such as heart attacks or strokes,

from low blood sugar.

Intensive therapy may not even be worthwhile in a person over 70. If an older person has no complications, tight control may sometimes not be worth the effort. But if a person is mentally fit and comes from a family with a history of living to a ripe old age, intensive therapy may be a good idea.

The ADA also says that people with marked vision loss or end-stage kidney disease should probably not go on tight control because it is unlikely to undo the damage caused by severe complication.

Risks of Intensive Therapy

Weight gain is one. Tight control subjects gained an average of 10 pounds more than those on conventional therapy. There is also the risk of low blood sugar episodes. People on intensive therapy had three times the number of episodes of severe low blood pressure as people on conventional therapy.

For more information

Contact your doctor and the American Diabetes Association office: 321 No. Aviador St., #113, (at Central Ave. on the Ventura Freeway) in Camarillo 93010 or phone (805) 987-1323.

CAREGOLFERS:

Among 50 golfers who helped CAREGIVERS raise \$2,600 by playing in our second annual benefit tournament were (from left) Ventura Mayor Tom Buford; Charlie Carmack of Bank of A. Levy, one of the tournament sponsors; and tournament co-chairman Jack Collings. The tournament was held at the Buenaventura Golf Course, followed by a buffet lunch at the Wedgewood Banquet Center.



Ventura Mayor Tom Buford (left), Charlie Carmack (Bank of A. Levy), Tournaments Co-Chairman Jack Collings



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- Salute to Seniors a Success
- CAREGIVERS...Mazie Lewis
- Diabetes Update
- Thanks to Donors
- Sister Jane Says Goodbye

INSIDE FEATURES

CAREGIVERS' MISSION – To provide a reliable personal relationship between one volunteer and one elder in need of assistance. Without the kind of services we offer, frail elders may find themselves living in unfamiliar, impersonal institutions, with a debilitating sense of having lost both independence and dignity. By matching such elders with volunteers who provide basic assistance, CAREGIVERS permits many of them to remain in the familiar and cherished surroundings of their own homes.

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In Ventura:
(805) 652-0566
In Santa Paula:
(805) 525-5006
In Fillmore:
(805) 524-5665

Coming Events:

Thursday, May 5, 1994
Farewell Reception for Sister Jane
CAREGIVERS, 3-6 p.m.

Line Dance Classes
6 Thursdays beginning June 2
CAREGIVERS, 7:00 p.m.

Board Meetings
Thursdays 7:00 a.m.
May 19, June 16, July 21

Wednesday, June 22
Coordinators' Breakfast
CAREGIVERS, 8:30 a.m.